USA Climbing National Team Trial Results - Mesa Rim Austin, TX

sportclimber™

Volume Three - March 2023

BOULDER | LEAD | SPEED

FEATURES:

- MESA RIM Austin Grand Opening!
- Olympic Level Mental Management
- Meet the USAC NTT Belay Team

USA CLIMBING

Complete Coverage

USAC National Team Trials

COLLEGE RECRUITING and the Dilemma of "Aging Out"

ANNIE

15 Year Old Phenom Wins BOTH Boulder & Lead Finals

Liberty University Coach Tyler Campbell and former University of Texas Coach Johnny Willbanks

VISIT…

FEATURES

Editor Talk
USAC National Team Trials 6

RE-ASSESS
An Anatomy of a Workout..... 8

USAC Women's Bouldering
Semi & Final Results..... 12-13

USAC Men's Bouldering
Semi & Final Results..... 14-15

USAC Women's Lead
Semi & Final Results..... 16-17

USAC Men's Lead
Semi & Final Results..... 18-19

USAC Women's Speed
Semi & Final Results..... 20-21

USAC Men's Speed
Semi & Final Results..... 22-23

USAC National Team Trial Champions
Top Three..... 24-25

USAC National Team Trial Champions
Champions..... 26-27

USAC Belay Team
What it takes to be a top level Belayer..... 28-29

Mesa Rim Austin
Meet KC Cowpar..... 30-31

College Recruting
and the Aged out Diliema..... 36-37

Three Rings
Athlete Mental Management..... 38-41

The Vulnerability of Believing in Yourself
Elite Athlete Alina Albert shares her story.... 44-45

DEPARTMENTS

Nutrition
Quick Climber Receipes..... 32

Gym Spotlight
Armadillo Boulders..... 34

Ones To Watch
Meet Allyson & Kailyn..... 42-43

USA CLIMBING

on the cover: Annie Sanders during women's bouldering trials @annie.climbs.sanders

inside cover: Nathaniel Coleman during men's lead finals @nathaniel.coleman

sportclimber.net

PUBLISHER
Editortial / Creative Director
Mitch Hagy
817-703-3110
mitch.hagy@sportclimber.net

PRODUCTION
Stacey Hagy
Karie Hagy
stacey.hagy@sportclimber.net
karie.hagy@sportclimber.net

SOCIAL MEDIA MANAGER
social@sportclimber.net

PHOTOGRAPHY
Mitch Hagy
Steven Hu
@sportclimber
@stivwho

WRITERS / CONTRIBUTORS
Niko Romero
Matt Dendy
Noah Hardwick
Jason Chang (theshortbeta)
Troy Bassham
Selah Taylor
Merritt Ernsberger
Mariana Steelsmith
Andy Moss
Cameryn Cass
Steven Hu
Charlie Marr
Alina Albert

Advertising
sales@sportclimber.net

INTERESTED IN FREELANCE OPPORTUNITIES SPORTCLIMBER MAGAZINE WELCOMES TALENTED WRITERS AND PHOTOGRAPHERS TO JOIN OUR NETWORK. IF YOU ARE INTERESTED IN LEARNING MORE, PLEASE CALL OR EMAIL THE PUBLISHER AT INFO ABOVE.

SportClimber Magazine
Origin: January 2023
© 2023 Alumina Media Group

USAC National Team Trials
@mesarimaustin

EDITOR TALK
CHALK UP

Welcome and thanks for reading another month of SportClimber. Austin, TX. the capital of the great state of Texas, was the heart of climbing this month when the USAC National Team Trials and Para Nationals came into town. Hometown favorites Annie Sanders, Dillon Countryman, Merritt & Ellis Ernsberger and more shared the spotlight with well known competitors Kyra Condie, Hannah McFadden, Russ Fullerton, Justin Salas and Nathaniel Coleman to name a few.

SportClimber shares our experiences at the event with behind the scenes fantastic photography from Austin's own Steven Hu as well as a few fun images from your's truly. We also took some time to visit with Ty Hardway and the incredible USAC Belay Team. Check out our article on their intense reponsibility at each of these events and what it takes to be an upper level belayer.

This month I have focused on the National Team Trial event, and spotlighted its athletes and their results. To take nothing away from the Para Nationals, I wanted to give each event its own coverage. So with that, I am excited to share next month's issue will be all about the Para Climbing Nationals and the athletes that made up that event.

I am equally excited to have Noah Hardwick back for his third issue of the Iron Jungle in how to Re-Assess your Intentions and the Anatomy of a Workout. Noah breaks down how to set your mind in order to get the most out of each workout.

One of the questions I am continually asked is where can a athlete or parent find out about competiting at the univesity level and what is the future for collegiate level competition. Liberty University's Tyler Campbell and former University of Texas coach, Tucker Black share their insight on the NCAA, recruiting and the future of college level climbing.

Finally, I am very stoked to have Alina Albert of the Class 5 climbing and elite level competitior as a new contributing author. Alina shares her experiences at the National Team Trials and opens up to our readers about when things don't go right at a competition. Alina talks about the power of writing her thoughts down and shares her advice to young athletes about keeping a journal.

Once again, we thank you for supporting SportClimber and these athletes. Till next time.

MITCH HAGY
Publisher / Editorial Director - mitch.hagy@sportclimber.net

QUESTIONS?

Got a question for SportClimber? Would you like some answers about rules, competitions, training, route setting etc. Drop us a line at social@sportclimber.net and we will ask one of our network experts to answer your question.

sportclimber™
VERTICAL ACADEMY

Matt Dendy
Elite Level Coach of
World Renown Team Texas

Heather Bassham - Sumlin
Director or Performance Programs
Mental Management Systems

Lewis Johnson
12x NBC Olympic Commentator
& Media Specialist

Troy Bassham
Author &
Olympic Gold Medalist

Noah Hardwick
Owner of
Elite Climber Performance

Amy Goodson
MS, RD, CSSD, LD
Registered Dietitian

MASTER CLASS EXPERTS

ELITE LEVEL COACHING
OLYMPIC LEVEL MENTAL MANAGEMENT
MEDIA & PUBLIC SPEAKING
ATHLETE NUTRITION
PHYSICAL PERFORMANCE & RECOVERY

www.sportclimber.net/academy

IRON JUN

by: Noah Harwick

Welcome Back to the Iron Jungle, savages! A lot has happened since we last visited together in this sacred space of personal growth, so I want to get you caught up on the news! The first week of March hosted USAClimbing National Team Trials, down in the great state of Texas. Elite Performance Climbing had four sponsored athletes competing for a coveted spot on the national team. “Bob” Dillon Countryman went into the combined finals in the lead and finished fourth, securing his spot on the National Team on his second attempt! Piper Kelly won the speed event landing her on the national speed team once again! Liberty Runnels also made a repeat appearance on the national speed team after finishing 8th, and Kailer Kordewick finished in fourth place just missing the national team but had 3 PR’s during the event! EPC is insanely proud of the character and performance of our athletes! Now, back to your regularly scheduled programming!

In previous issues of Sport Climber Magazine, we’ve broken down what intention is, why it’s important, and how it looks in application with some of the different areas of our performance. If you missed those articles, it’s worth going back for a quick read to get caught up. Now that we have this solid foundation of understanding, we can move forward with our performance training, because unless we have established intention and goals, we are wasting our very limited time. As we dissect the anatomy of our workout and why each step is pivotal, take an honest self-assessment of your current programming and see where you can be applying more intention.

The first step, as previously mentioned, is Identification of Intention. What are you trying to accomplish in your training session? Increase strength, power, balance or coordination? Trying to improve endurance? Maybe today you need to boost recovery. Without identifying your intention, how can you know you’ll be achieving your desired outcome with the exercise selections you’ve chosen? Does your rep range, time under tension and rest period match your goals and intention you’ve established?

Everything you do during performance training should be driven by intention and backed by science, otherwise the return for your investment of precious time will be diminished or even nullified.

Kailer Kordewick @kailer07

The Anatomy of a Workout

After you've decided your intention, and the battle plan for the training session is in place, it's time to Assess if your mobility will facilitate an uncompensated range of motion and uncompensated plane of motion for your exercise selection. The only reason for your joints to operate outside of perfect range and plane of motion would be if they are being inhibited by muscle tightness. The only reason muscle tightness exists, is if someplace else, a muscle has stopped communicating with the brain and your brain is now protecting your joint from catastrophic injury by using muscle tightness as a brace. (For more info see our website http://ElitePerformanceClimbing.com) If your mobility is pure and uncompensated, then you are ready to exercise! If not, you'll need to activate the primary movers for the exercise to ensure they are able to contract, and in turn, benefit from the stress you're about to put them under during the exercise.

"Take an honest self-assessment of the time you set aside for performance training."

If you found through assessment, that your range or plane of motion were compensated, then its time to Activate the muscles responsible for that joint motion. We coach our athletes who don't see us in person to do very prescriptive isometric exercises, in very specific positions, in very specific planes of motion, for very specific times under tension. If done properly, the primary movers activate and re-establish communication with the brain, allowing the brain to release the tightness it put there to protect your joint from injury. Once active, the primary movers will be able to contract, grow, and operate unencumbered throughout the range and plane of motion desired for that exercise.

Now that primary movers are active, and you know you'll get the desired outcome from your training, it's time to train! The muscles you activated can now contract and in turn grow, so you'll be getting maximum benefit from the time you spend during performance training. Everything you do during the Integrate/Growth phase was decided beforehand so you can put full mental energy into executing each movement perfectly.

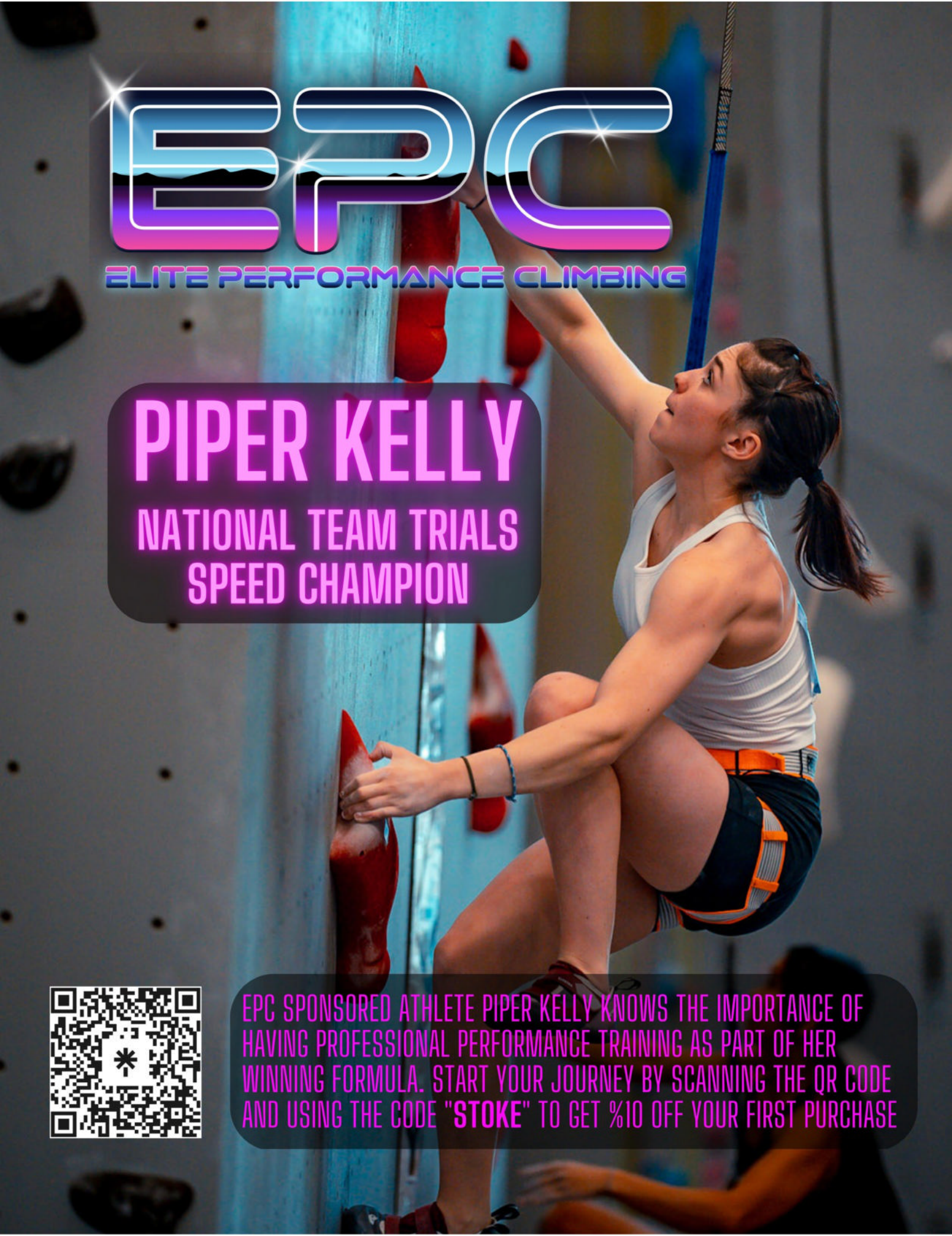
It's not enough to just do the movements, they MUST be done perfectly within your uncompensated range of motion. This is not a time of mindlessly going through the motions, but a time of intense mental focus and muscular control. Your preparation created the environment for this to happen, so take comfort in knowing that you're getting the most from your time improving your performance!

After each set of exercise, and again after your training session, you should Re-Assess your mobility. If you've exceeded the stress tolerance for the muscles you trained, communication between the muscle and brain will have stopped, with the evidence of muscle tightness returning to restrict and encumber range and plane of motion. Through Re-Assessment you'll identify areas of neuromuscular weakness and get more dialed-in information for the next set of exercise or next training session. If you find asymmetry in this phase during a set of exercise, reactivate before starting your next set to ensure contraction of the desired muscle group and maximum benefit from the exercise.

Re-activate is exactly what it sounds like. Reactivating muscles that have lost connection with your brain from exceeding their stress tolerance ensures not only continued growth for that muscle group, but also ensures uncompensated function of the joints those muscles operate. As I'm sure you can imagine, uncompensated joint motion feels pretty amazing as does seeing better results from your hard work!

Take an honest self-assessment of the time you set aside for performance training. Are you being as intentional as you could be? Does your current programming include outdated modalities that don't address the root of your mobility problems? How can you be sure your muscles are activated and going to benefit from the exercise you're about to do? If you're having a hard time answering these questions or need help with your performance training, stop by our IG: @eliteperformanceclimbing or our website http://ElitePerformanceClimbing.com . You'll find information and resources to help get you started. Until we next meet in the Iron Jungle, Cowabunga!

Noah Hardwick is the owner of Elite Performance Climbing. Noah has a Bachelors of Science, NASM CPT, MAT Jump Start and 15 years training experience with elite and professional athletes of all ages with a focus on biomechanics and injury prevention.


EPC
ELITE PERFORMANCE CLIMBING
PIPER KELLY
NATIONAL TEAM TRIALS
SPEED CHAMPION
EPC SPONSORED ATHLETE PIPER KELLY KNOWS THE IMPORTANCE OF HAVING PROFESSIONAL PERFORMANCE TRAINING AS PART OF HER WINNING FORMULA. START YOUR JOURNEY BY SCANNING THE QR CODE AND USING THE CODE "STOKE" TO GET %10 OFF YOUR FIRST PURCHASE

shār

Say it like care, fair, dare. Oh, and bear.

Impossibly good

We've curated the most incredible ingredients – responsibly sourced from small Organic family farms, to create our impossibly good trail mix. An awesome taste and nutrition hit.

Fuel for adventures big or small.

20% OF NET PROFITS DONATED TO The Conservation Alliance

CLIMATE NEUTRAL CERTIFIED

1% FOR THE PLANET — MEMBER —

sharsnacks.com

BOUL

SEMI-FINALS

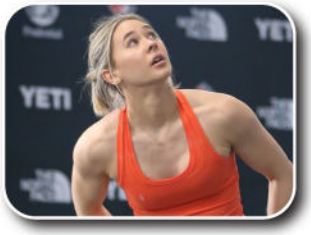
Kyra Condie celebrating another top

1 Kyra Condie — 99.6
Salt Lake City, UT

	1	2	3	4	ATTEMPTS
TOP	3	1	3	1	8
HIGH ZONE	1	1	3	1	6
LOW ZONE	1	1	3	1	6
	1	2	3	4	20

2 Annie Sanders — 99.5
Keller, TX

	1	2	3	4	ATTEMPTS
TOP	4	1	2	2	9
HIGH ZONE	2	1	2	1	6
LOW ZONE	2	1	2	1	6
	1	2	3	4	21



3 Adriene Akiko — 79.5
Centennial, CO

	1	2	3	4	ATTEMPTS
TOP	2	1	4		7
HIGH ZONE	1	1	4		6
LOW ZONE	1	1	4	3	8
	1	2	3	4	21

4 Cloe Coscoy — 68.9
Salt Lake City, UT

	1	2	3	4	ATTEMPTS
TOP			4	5	9
HIGH ZONE	3	3	3	5	14
LOW ZONE	3	1	2	1	7
	1	2	3	11	30

5 Helen Gillett — 64.3
Cambridge, MA

	1	2	3	4	ATTEMPTS
TOP		2	3		5
HIGH ZONE		1	3	4	8
LOW ZONE	2	1	3	1	7
	1	2	3	4	20

6th - Kylie Cullen (59.6), 7th - Zoe Bitters (53.9), 8th - Sienna Kopf (44.4), 9th - Mira Capicchioni (43.9), 10th - Cate Harty (43.4)

WOMEN

DERING

99.5 — **Annie Sanders**, Keller, TX — **1**

	1	2	3	4	ATTEMPTS
TOP	3	1	2	3	9
HIGH ZONE	1	1	2	3	7
LOW ZONE	1	1	2	1	5
	1	2	3	4	21

Annie Sanders on her way to the Gold Medal

2 — **64.9**

Kyra Condie
Salt Lake City, UT

	1	2	3	4	ATTEMPTS
TOP			2	1	3
HIGH ZONE		1	2	1	4
LOW ZONE	1	1	1	1	4
	1	2	3	4	11

3t — **64.7**

Kylie Cullen
Redlands, CA

	1	2	3	4	ATTEMPTS
TOP		1	2		3
HIGH ZONE		1	1	3	5
LOW ZONE	1	1	1	1	4
	1	2	3	4	12

3t — **64.7**

Cloe Coscoy
Salt Lake City, UT

	1	2	3	4	ATTEMPTS
TOP			2	3	5
HIGH ZONE		1	1	3	5
LOW ZONE	1	1	1	2	5
	1	2	3	4	15

5 — **54.5**

Helen Gillett
Cambridge, MA

	1	2	3	4	ATTEMPTS
TOP			3		3
HIGH ZONE	2	1	3	3	9
LOW ZONE	1	1	3	1	6
	1	2	3	4	15

FINALS

6th - Adriene Akiko Clark (49.8), 7th - Zoe Bitters (44.7), 8th - Kerry Scott (23.8)

BOULD

SEMI-FINALS

Adam Shahar during bouldering semi-finals

1 Adam Shahar — Tenafly, NY — **78.7**

	1	2	3	4	ATTEMPTS
TOP	5	5		4	14
HIGH ZONE	5	5		4	14
LOW ZONE	2	4	3	1	10
	1	2	3	4	38

2 Simon Hibbeler — Portland, OR — **69.6**

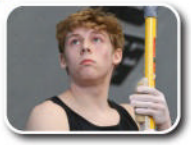
	1	2	3	4	ATTEMPTS
TOP	1			2	3
HIGH ZONE	1	3	2	1	7
LOW ZONE	1	1	2	1	5
	1	2	3	4	15

3 Hugo Hoyer — Chattanooga, TN — **64.7**

	1	2	3	4	ATTEMPTS
TOP	1			3	4
HIGH ZONE	1	2		1	4
LOW ZONE	1	1	1	1	4
	1	2	3	4	12

4 Benjamin Hanna — Salt Lake City, UT — **64.6**

	1	2	3	11	ATTEMPTS
TOP	2	3			5
HIGH ZONE	2	2		4	8
LOW ZONE	2	1	2	1	6
	1	2	3	11	19



5t Dillon Countryman — Plano, TX — **64.4**

	1	2	3	4	ATTEMPTS
TOP	2	2		4	6
HIGH ZONE	2	2		4	8
LOW ZONE	2	2	2	1	7
	1	2	3	4	21

5t Ellis Ernsberger — Carrollton, TX — **64.4**

	1	2	3	4	ATTEMPTS
TOP	5	2			7
HIGH ZONE	5	2		2	9
LOW ZONE	1	1	1	1	4
	1	2	3	4	20

7th - Zander Waller (59.9), 8th - Nathaniel Coleman (59.6), 9th(t) - Zach Galla (58.9), 9th(t) - Ross Fulkerson (58.9)

MEN

DERING

64.7 — **Zach Galla** — Suwanne, GA — **1**

	1	2	3	4	ATTEMPTS
TOP		3	1		4
HIGH ZONE	2	2	1		5
LOW ZONE	1	2	1	1	5
	1	2	3	4	14

Zach Galla in the final round of bouldering

2 — **49.7** — **Nathaniel Coleman** — Murray, UT

	1	2	3	4	ATTEMPTS
TOP		1	2		2
HIGH ZONE		1	1	2	4
LOW ZONE	2	1	1	1	5
	1	2	3	4	11

3 — **44.5** — **Sean Bailey** — Shoreline, WA

	1	2	3	4	ATTEMPTS
TOP		1	2		2
HIGH ZONE		1	2	5	3
LOW ZONE	1	1	2		9
	1	2	3	4	14

4 — **39.9** — **Dillon Countryman** — Plano, TX

	1	2	3	4	ATTEMPTS
TOP		1	1		1
HIGH ZONE		1	1		2
LOW ZONE	2	1	1		4
	1	2	3	4	7

5 — **34.4** — **Hugo Hoyer** — Chattanooga, TN

	1	2	3	4	ATTEMPTS
TOP					0
HIGH ZONE	3	2	4		9
LOW ZONE	1	1	2	1	5
	1	2	3	4	14

FINALS

6th - Zander Waller (29.7), 7th - Adam Shahar (23.5), 8th - Jesse Grupper (19.2)

SEMI-FINALS

1t 39+ 96.1

Kyra Condie
Salt Lake City, UT

1t 39+ 96.1

Annie Sanders
Keller, TX

3 38 92

Kylie Cullen
Redlands, CA

4t 31+ 64.1

Cloe Coscoy
Salt Lake City, UT

4t 31+ 64.1

Kerry Scott
Arvada, CO

6 30+ 60.1

Adriene Akio Clark
Centenial, CO

7 29+ 57.1

Morgan Tadje
Stansbury Park, UT

8 27+ 51.1

Zoe Bitters
Salt Lake City, UT

9 26+ 48.1

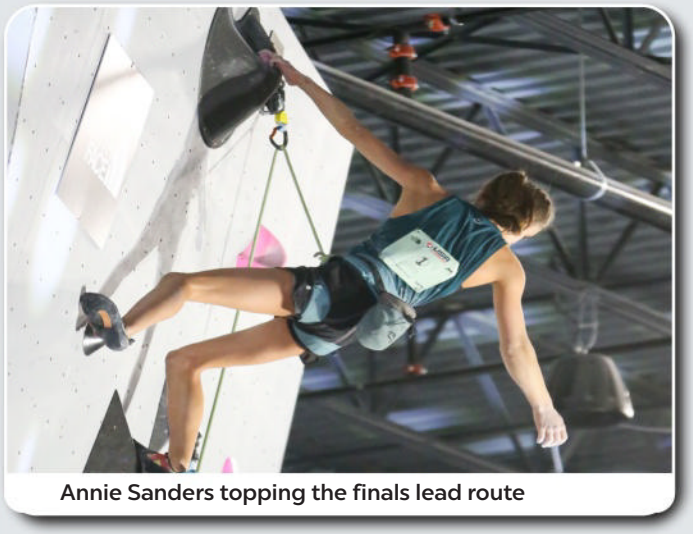
Nekaia Sanders
Corona Del Mar, CA

Helen Gillett 25+ 45.1
Cambridge, MA

10t

Sienna Kopf
Salt Lake City, UT

WOMEN



Annie Sanders topping the finals lead route

1 TOP 100

Annie Sanders
Keller, TX

2 32 68

Kyra Condie
Salt Lake City, UT

3 26+ 48.1

Kylie Cullen
Redlands, CA

4 23+ 39.1

Adriene Akio Clark
Centenial, CO

5 20+ 30.1

Helen Gillett
Cambridge, MA

6 19+ 28.1

Kerry Scott
Arvada, CO

7 16 22

Cloe Coscoy
Salf Lake City, UT

8 15+ 20.1

Zoe Bitters
Sal

FINALS

SEMI-FINALS

1 39+ 96.1

Jesse Grupper
Upper Montclair, NJ

2 39+ 96.1

Dillon Countryman
Plano, TX

3 38 92

Sean Bailey
Shoreline, WA

4 31+ 64.1

Zach Galla
Suwanee, GA

5 31+ 64.1

Zander Waller
Decatur, GA

6t 30+ 60.1

Nathaniel Coleman
Murray, UT

6t 29+ 57.1

Luke Muehring
Atlanta, GA

8 27+ 51.1

Adam Shahar
Tenafly, NJ

9t 26+ 48.1

Hugo Hoyer
Chattanooga, TN

Quinn Ofrancia 25+ 45.1
Seattle, WA

9t

Brian Squire
South Hadley, MA

MEN

LEAD

Sean Bailey in the lead finals competition

1 31 64

Sean Bailey
Shoreline, WA

2t 30+ 60.1

Nathaniel Coleman
Murray, UT

2t 30+ 60.1

Adam Shahar
Tenafly, NJ

2t 30+ 60.1

Jesse Grupper
Upper Montclair, NJ

5t 30 60

Zach Galla
Suwanee, GA

5t 30 60

Hugo Hoyer
Chattanooga, TN

7 29+ 57.1

Dillon Countryman
Plano, TX

8 28 54

Zander Waller
Decatur, GA

FINALS

QUALIFICATIONS

SPE

Place	Competitor	1st	2nd
1	**Sophia CURCIO** 46 • Charlotte, NC	8.10	8.25
2	**Callie CLOSE** 41 • Suwanee, GA	8.36	8.72
3	**Piper KELLY** 51 • Indianapolis, IN	8.53	9.55
4	**Kailer KORDEWICK** 50 • Hurst, TX	9.21	9.24
5	**Sydney WILLIAMS** 48 • Brownsburg, IN	10.00	FALL
6	**Micaela PATAJO** 52 • Los Angeles, CA	10.04	11.46
7	**Madeline MORRIS** 44 • Houston, TX	10.61	12.00
8	**Liberty RUNNELS** 49 • Garland, TX	10.86	FALL
9	**Isis ROTHFORK** 42 • Albuquerque, NM	11.01	12.54
10	**Sonia GUTIERREZ** 45 • Oak Park, IL	11.08	11.76
11	**Sara MITSCHKE** 47 • Austin, TX	11.27	11.27
12	**Kaitlyn BONE** 43 • Bernalillo, NM	FALL	FALL
13	**Lily NGUYEN** 53 • Marietta, GA	10.15	FALSE START
	Emma HUNT 54 • Woodstock, GA	DNS	

WOMEN

FINALS

1st	*Piper Kelly*
2nd	*Sophia Curcio*
3rd	*Callie Close*

QUARTER FINALS

ophia CURCIO 6 • Charlotte, NC	8.44
berty RUNNELS 9 • Garland, TX	10.19
ailer KORDEWICK 0 • Hurst, TX	9.48
ydney WILLIAMS 3 • Brownsburg, IN	10.22
allie CLOSE • Suwanee, GA	8.67
adeline MORRIS 4 • Houston, TX	10.84
per KELLY • Indianapolis, IN	8.45
icaela PATAJO 2 • Los Angeles, CA	11.67

SEMI - FINALS

Sophia CURCIO 46 • Charlotte, NC	8.13
Kailer KORDEWICK 50 • Hurst, TX	8.93
Callie CLOSE 41 • Suwanee, GA	8.49
Piper KELLY 51 • Indianapolis, IN	8.06

FINAL

Sophia CURCIO 46 • Charlotte, NC	FALL
Piper KELLY 51 • Indianapolis, IN	7.84

SMALL - FINAL

Kailer KORDEWICK 50 • Hurst, TX	8.97
Callie CLOSE 41 • Suwanee, GA	8.51

QUALIFICATIONS

SPE

Place	Competitor	1st	2nd
1	**Merritt ERNSBERGER** 10 - Carrollton, TX	5.83	10.13
2	**Noah BRATSCHI** 20 - Potomac, MD	5.93	7.10
3	**Zachary HAMMER** 4 - Ann Arbror, MI	6.25	FALL
4	**Evan HOMAN** 24 - Westfield, IN	6.29	7.82
5	**Darren SKOLNIK** 13 - Haworth, NJ	6.39	8.65
6	**Quinn OFRANCIA** 2 - Seattle, WA	6.42	6.89
7	**Micah FELLER** 11 - Chicago, IL	6.46	6.63
8	**Richard LI** 5 - Addison, TX	6.50	7.53
9	**Joey KIM** 17 - Orange, CA	6.63	6.90
10	**Aidan GODDARD** 22 - Salt Lake City, UT	6.86	7.45
11	**Joshua CARBINE** 19 - Pleasant Grove,UT	7.01	7.31
12	**Jonah SEGERMAN** 16 - Mesa, AZ	7.04	7.41
13	**Benjamin SHINTO** 53 • Marietta, GA	7.28	7.28
14	**Gray GORBATOFF** 8 - Beverly Hills, MI	7.33	7.83
15	**Skyler MENGERINK** 12 - Grapevine, TX	7.99	10.90
16	**Jack YAMAATO** 7 - Atlanta, GA	8.03	FALL

Merritt Ernsberger
10 • Carrollton, TX

Jack Yamaato
7 • Atlanta, GA

Richard Li
5 • Addison, TX

Joey Kim
17 • Orange, CA

Evan Homan
24 • Westfield, IN

Benjamin Shinto
6 • Alexandria, VA

Darren Skolnik
13 • Haworth, NJ

Jonah Segerman
16 • Mesa, AZ

Noah Bratschi
20 • Potomac, MD

Skyler Mengerink
12 • Grapevine, TX

Micah Feller
11 • Chicago, IL

Aidan Goddard
22 • Salt Lake City, UT

Zachary Hammer
4 • Ann Arbor, MI

Gray Gorbatoff
8 • Beverly Hills, MI

Quinn Ofrancia
2 • Seattle, WA

Joshua Carbine
19 • Pleasant Grove, U

MEN

1st	*Merritt Ernsberger*
2nd	*Noah Bratschi*
3rd	*Zachary Hammer*

QUARTER FINALS

6.53

7.73

6.20

Merritt Ernsberger
10 • Carrollton, TX
5.70

6.67

Richard Li
5 • Addison, TX
FALL

WILDCARD

FALSE START

Evan Homan
24 • Westfield, IN
6.96

6.22

Darren Skolnik
13 • Haworth, NJ
6.59

6.76

5.89

Noah Bratschi
20 • Potomac, MD
5.77

6.42

Aidan Goddard
22 • Salt Lake City, UT
6.45

6.45

6.44

Zachary Hammer
4 • Ann Arbor, MI
5.70

5.88

Joshua Carbine
19 • Pleasant Grove, UT
6.81

9.33

7.08

6.78

SEMI - FINALS

Merritt Ernsberger
10 • Carrollton, TX
5.64

Darren Skolnik
13 • Haworth, NJ
8.57

Noah Bratschi
20 • Potomac, MD
8.00

Zachary Hammer
4 • Ann Arbor, MI
9.04

FINAL

Merritt Ernsberger
10 • Carrollton, TX
5.73

Noah Bratschi
20 • Potomac, MD
5.78

SMALL - FINAL

Darren Skolnik
13 • Haworth, NJ
5.97

Zachary Hammer
4 • Ann Arbor, MI
5.63

FINALS

USAC National
Team Trials - Top Three

Place	Competitor	Points/Time
Women's Combined		
1st	Annie Sanders	199.5
2nd	Kyra Condie	132.9
3rd	Kylie Cullen	112.8

Men's Combined		
1st	Zach Galla	124.7
2nd	Nathaniel Coleman	109.8
3rd	Sean Bailey	108.5

Women's Speed		
1st	Piper Kelly	7.84
2nd	Sophia Curcio	8.10
3rd	Callie Close	8.51

Men's Speed		
1st	Merritt Ernsberger	5.73
2nd	Noah Bratschi	5.78
3rd	Zachary Hammer	5.63

Austin, TX

USA
CLIMBING

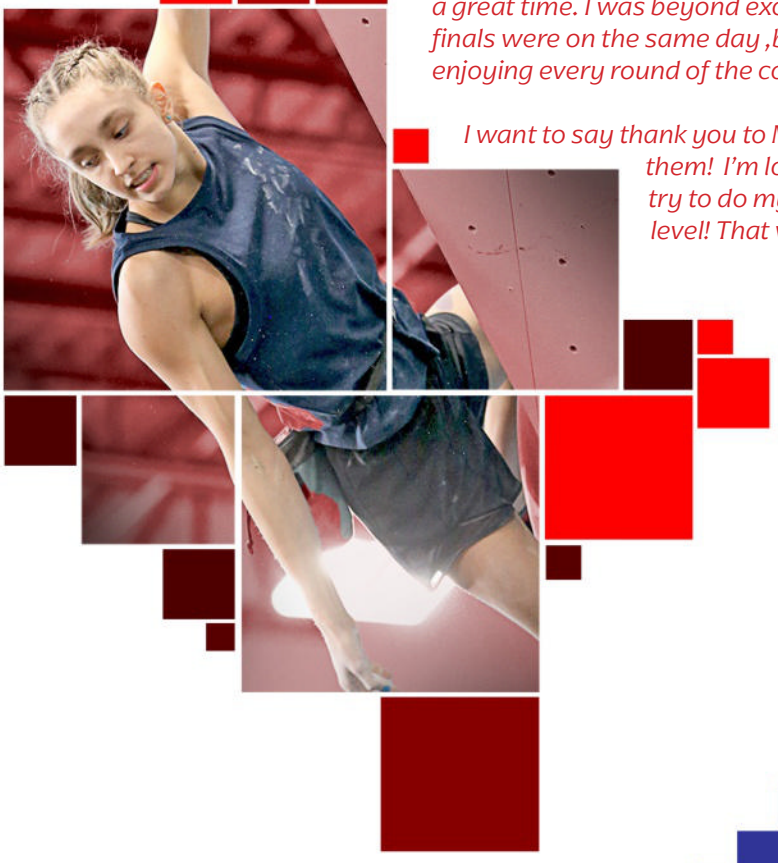
USAC National Team Trials - Champions

Annie Sanders

Women's Combined

Going into this competition I had mixed feelings, I knew I trained very hard 4 months leading to Team Trials, but so all the other girls , we have a lot of strong athletes in the US! I decided not to focus too much on the outcome. but to just enjoy the moment and have a great time. I was beyond excited to take 1st place after a brutal format - semis and finals were on the same day ,but most of all I'm proud of myself for keeping it fun and for enjoying every round of the competition!

I want to say thank you to Mesa Rim gym for their hospitality , Austin is lucky to have them! I'm looking forward to the upcoming World Cup Season and will try to do my best to represent the United States on the International level! That was my dream since I've started competing!"- Annie Sanders



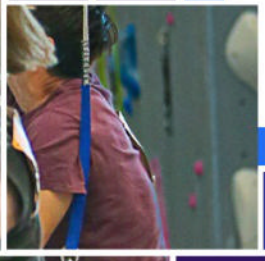
Zach Galla

Men's Combined

Congratulations to Zach for a strong performance in Austin. - SportClimber

Merritt Ernsberger

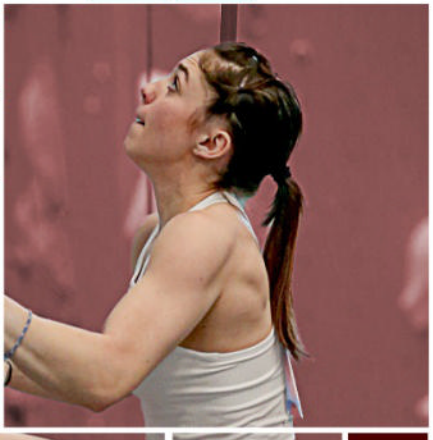
Men's Speed

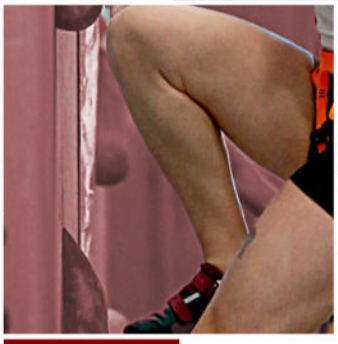


"Going into this comp I definitely felt the most prepared I've ever felt going into a comp. I spent the entire four months between Nationals and Team Trials working as hard as I could to at least get close to where I was last season, and, surprisingly, I managed to push to the next level. As far as my performance, I couldn't be happier. This was the most consistent comp that I've had, and I was very happy with that given that the wall at Mesa Rim is a little slicker than normal. I'm very excited for the upcoming World Cup season and to be able to show what I can do on the international stage again this year." - Merritt Ernsberger

Piper Kelly

Women's Speed





"I was feeling pretty confident going into the 2023 National Team Trials. I just graduated college in December, so was able to focus all my time and energy into training, with the goal of qualifying for the US team in order to have a chance to qualify for the 2024 Olympics. I set several personal records on the 10m the week before the event, so I knew I was in good form. Still, I didn't have the best qualifying round. Finals, however, was pretty much perfect. I was in a good space mentally, and physically felt good on the wall. I set a personal record in the final race, and it was my first time going sub 8 seconds in a competition, so very pleased with how everything came together! I am really excited for the international season this year. It was also my first time in Austin, and it was really fun. I stayed a day after the competition to do some tourist stuff, and I would definitely love to come back sometime! The new gym was great as well, and I had fun watching the combined competition. Overall, I thought it was a great week!" - Piper Kelly

USAC NATIONA

BELAY

This years National Team Trial Belay team consisted of Steven Baker, Noah Makaiwi, Ty Hardaway and Elise Ant two of the fastest risers in skill levels with Noah's involvement for 1 and 1/2 years and Elise for 1 year. Elise is als belayer Ty Hardaway explained that there is a very demanding and rigourous training process one has to achie the sport.

Noah Makaiwi

Ty Hardaway

Level 1 - USAC Local Belayer: Applied: Belayer has "successfully belayed" at USA Climbing Qualifying Events and belayer is qualifie
Or: Training: Has successfully completed a USA Climbing Competition Belaying Clinic

Level 2 - USAC Regional Belayer: Applied: Belayer has successfully belayed a USA Climbing Youth Regional Championship and is qu
Or: Management: Belayer has demonstrated competition belaying skills, floor management knowledge, and people leadership skills su
endorsement by Level 4 or higher belayer.

Level 3 - USAC Divisional Belayer: Applied: Belayer has successfully belayed a USA Climbing Youth or Collegiate Divisional Champio
Or: Management: Belayer has served as an Assistant Head Belayer at least one Youth Regional Championship (or higher) and has demo
for a Youth Regional Championship or Assistant Head Belayer at a USA Climbing National Championship (Youth, Collegiate, Para, Elite)

Level 4 - USAC National Belayer: Applied: Belayer has successfully belayed multiple rounds in a USA Climbing National Championsh
4 or higher belayer. And :Management: Belayer has served as Head Belayer at a Youth or Collegiate Divisional Championship or has serv
serve as Head Belayer or Co-Head belayer for a National Championship or Elite event. Level 4 belayers may endorse aspiring or rising co

Level 5 - USAC Head Belayer: Applied: Belayer has belayed numerous USA Climbing National Championship, Elite National, or intern
And: Management: Belayer has served as Head or Co-Head belayer for a National Championship or Elite event. Ideally the L5 belayer wi
And: Level 5 belayers are authorized to teach USA Climbing competition belaying techniques to individuals.

Level 6 - USAC National Head Belayer: Belayer has belayed and served as Head Belayer for multiple National Championship, Elite N
edge, and people leadership skills.
And: Level 6 belayers are authorized to teach USA Climbing competition belaying techniques to individuals and conduct competition b

L TEAM TRIALS

TEAM

tablian. Steve and Ty come to the trials with 11 and 9 years experience respectively. Both Noah and Elise are so influencing the pathway of female belayers as she belays some of the top men climbers in the nation. Lead eve in order to be a top level belayer. Below is the different levels and skills needed to move up to the top of

Elise Antablian

Steve Baker

d and experienced sufficient to belay a USA Climbing Youth Regional Championship with endorsement by Level 4 or higher belayer.

ualified and experienced sufficient to belay a USA Climbing Divisional Championship with endorsement by Level 4 or higher belayer.
fficient to serve as Head Belayer for a Qualifying Event or Assistant Head Belayer for a Youth Regional Championship (or higher) with

onship (or National Championship, Elite, or IFSC event through qualifying round). Requires endorsement by Level 4 or higher belayer.
nstrated competition belaying skills, floor management knowledge, and people leadership skills sufficient to serve as Head Belayer
or Elite (North American Cup Series or equivalent) event with endorsement by Level 4 or higher belayer.

ip (Youth, Collegiate, Para, Elite), Elite (North American Cup Series or equivalent), or international event with endorsement by Level
ved as Assistant Head Belayer for a National Championship or Elite event, and has demonstrated knowledge and skills sufficient to
ompetition belayers and must have endorsement of Level 5 or 6 belayer.

ational events and has demonstrated superior belaying and floor management skills.
ll be an L3 or higher certified judge.

lational, or international events and has consistently demonstrated superior competition belaying skills, floor management knowl-

elaying clinics.

FOR MORE INFORMATION Visit www.usaclimbing.com

MESA RIM

Meet Austin's Newest Climbing Center

This month marked the grand opening of Mesa Rim Climbing Center's newest location in Austin, TX. This is the company's first foray into the Texas market with their four locations primarily in the California area with one other location in Reno, Neveda.

Mesa Rim Austin hosted the USAC National Team Trials and Para Nationals the first week of March with a VIP soft opening Saturday, March 4th.

The Austin location is a 20,000 sqft. bigger foot print than their San Diego location and was designed from the ground up with painstaking attention to detail and the use of natural light. The open concept space provides continuous exploration of the facility and provides a massive amount of space for both bouldering and rope climbing. Mesa Rim Austin also includes a speed wall. Some of the top speed climbers in the USA were the first climbers to try out the new wall during their team trial competition.

SportClimber got a chance to sit down with KC Cowper, site manager at Mesa Rim Austin.

SPORTCLIMBER: KC tell us how you got started in climbing.

KC: *My journey, specifically related to climbing and the industry itself, began in 2015 at Mesa Rim in San Diego. The sport of indoor climbing was a completely new experience for me and after 1 visit to Mesa Rim. I was instantly and completely hooked.*

SPORTCLIMBER: Now your managing one of the largest climbing gyms in Texas. How did that heppen?

KC: *When the stars aligned in 2018 and an opportunity to join the Mesa Rim team as an employee arose I jumped ship from my career as a bicycle mechanic and started working on the front desk team at Mesa Rim Mira Mesa in San Diego.*

KC Cowper - Site Manager

1205 Sheldon Cove Austin, TX 78753

MESA RIM
CLIMBING CENTERS

KC cont: *Joining the front desk team allowed me to support and cultivate Mesa Rim's vision of improving the quality of life of the community by providing remarkable climbing, yoga, and fitness experiences at the ground level. I steadily progressed into the role of a climbing gym Site Manager at Mesa Rim starting in 2020.*

SPORTCLIMBER: What are some of your goals for the new gym?

KC: *As a Site Manager for Mesa Rim climbing Centers, I focus on the company operations, finances, the cultivation of the culture, the application of company core values, and team development for the specific site. Part of my goals are staffing the right people in the right position. I also want to provide an opportunity for growth much like I experienced. Mesa Rim creates and supports amazing development opportunities and career pipelines for the staff that pertains to both professional and personal growth. Watching fellow staff members develop and flourish continuously into better versions of themselves is more rewarding than words could define.*

SPORTCLIMBER: *Well you have already hosted one of the biggest events of the year in just your first week! What is next for Mesa Rim Austin?*

KC: *We are here to "Inspire New Heights" and we hope to continue supporting USAClimbing as well as supporting youth events and community comps.*

SPORTCLIMBER: A big thanks to KC and her staff. The USAC Team Trials and Para Nationals was an incredible experience and the gym couldn't have been a better location.

To learn more about Mesa Rim Austin or any of their California or Neveda locations visit www.mesarim.com

FUEL FOR THE SEND

From the House of Hagy

Momma Zoe's Granola

What kid doesn't love running to the cereal isle at the grocery store to pick out their favorite cereal. For me is was the Quaker 100% granola cereal. Unfortunately, that stuff was so expensive and it came in this tiny cereal box. With our family you may have had one bowl before the whole box was gone. Well here is Momma Zoe's awesome Granola.

Better than store bought!

Ingredients:

3 C Quaker Oats (Quick or Old Fashioned, uncooked)
1 ¼ C shredded or flaked sweetened coconut
1 C coarsely chopped nuts - ½ almond, ½ pecan (sometimes I use walnuts)
¼ C local honey
5 Tbsp butter, melted
1 ½ teas ground cinnamon
Optional: Dried Cranberries

Preparation:
Heat oven to 350*. In a mixing bowl, combine all ingredients. Mix well.
Transfer ingredients to a 13x9-inch baking pan.
Bake 25 minutes, stirring halfway through.
Remove from oven and stir one more time. Let cool completely before serving or storing.
Store in tightly covered container in cool dry place.

Tips:
You may like to use local maple syrup in place of the honey but they are both delicious! I will also give a splash of of vanilla extract (around a teaspoon). You can eat this with yogurt or take it on the go as a mix. Our family likes it for breakfast with coconut milk. Add in some fresh strawberries, it tastes like strawberries and cream! Its so easy to make and you probably have all the ingredients in your cupboard! And it makes the whole house smell amazing when its in the oven! Enjoy!

Green Machine

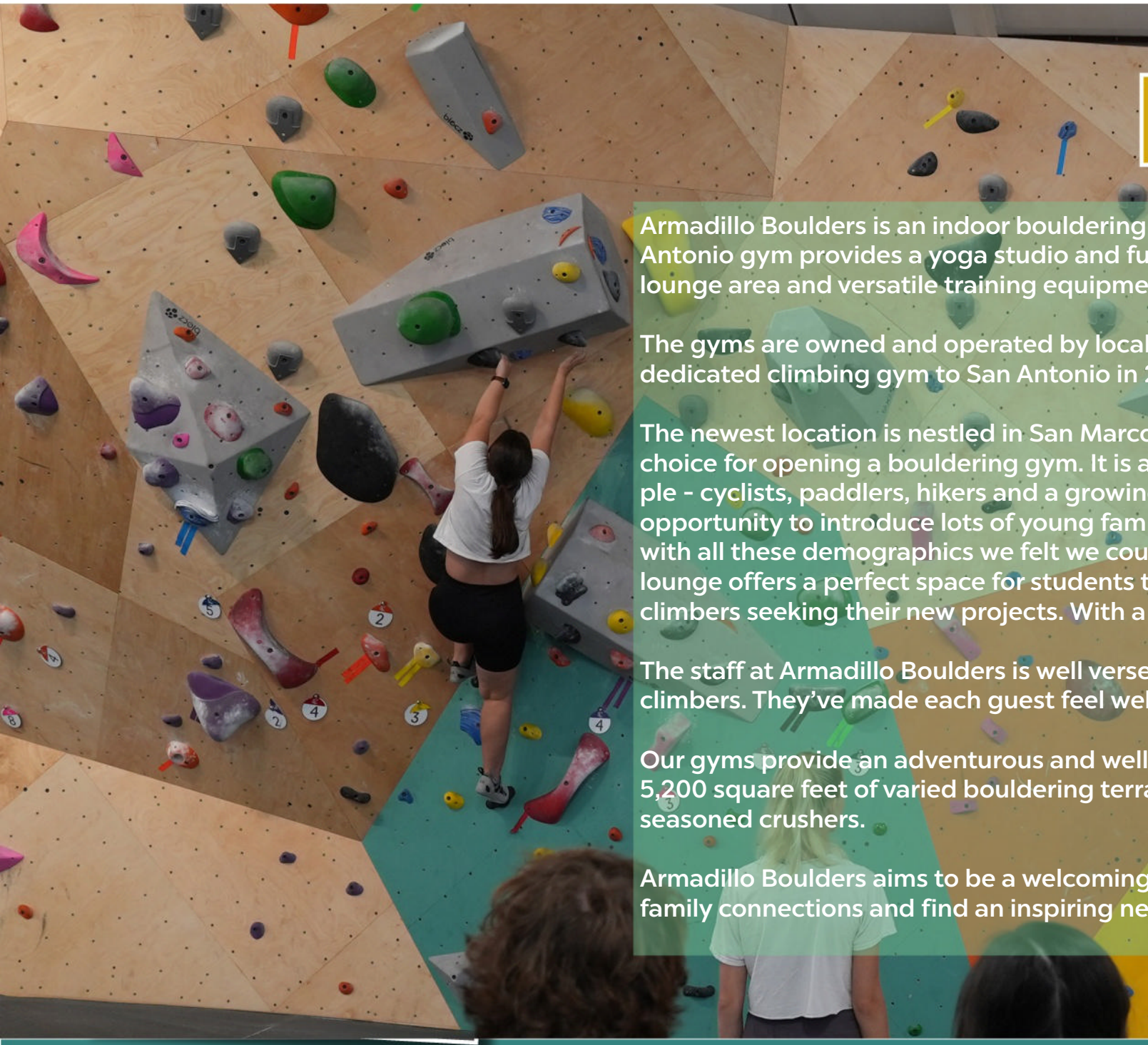
Spinach and Kale probably aren't family favorites and if you are like us, it is hard to always get in your fruits and vegetables. Our Incredible Hulk Mean Green smoothie takes care of the healthy side while providing fuel and protein to create a great post-workout meal. Give it a go.

In a blender add the following:

1 C of Almond or Coconut Milk
1 Big Spoon scoop of Greek Yogurt
1/2 C of pinapple
1 - 2 C of spinach, kale or a combination
1 medium sized banana
1 Tbsp of local honey
1 scoop favorite protein powder
1 Tbsp flaxseed
Some ice and have a bit of water ready if needed.

Blend for 10 -15 seconds as needed.

Armadillo Boulders



Armadillo Boulders is an indoor bouldering
Antonio gym provides a yoga studio and fu
lounge area and versatile training equipme

The gyms are owned and operated by local
dedicated climbing gym to San Antonio in

The newest location is nestled in San Marco
choice for opening a bouldering gym. It is a
ple - cyclists, paddlers, hikers and a growin
opportunity to introduce lots of young fam
with all these demographics we felt we cou
lounge offers a perfect space for students t
climbers seeking their new projects. With a

The staff at Armadillo Boulders is well verse
climbers. They've made each guest feel wel

Our gyms provide an adventurous and well
5,200 square feet of varied bouldering terra
seasoned crushers.

Armadillo Boulders aims to be a welcoming
family connections and find an inspiring ne

YOUTH:

Youth Programs
Spring Break Youth Days
Youth Competition Team
Development Team
Homeschool of Rock
Club Climb

CLASSES:

Intro to Climbing
Fitness Area
Yogo, Pilates & Core

SportClimber's Industry Spotlight features partners that make a difference in promoting youth health and fitness, enthusiast activities and competitive events in the climbing community.

gym that features custom-built walls with two different locations in Texas. The downtown San nctional fitness facility. While the San Marcos location has a dedicated workout area, upstairs nt featuring a Kilter Board for all levels of climbing.

l San Antonio natives, Michael Cano and Joe Kreidel, who are proud to bring the first modern, 2018 and now to San Marcos in 2021.

os, a college town with a vibrant and welcoming atmosphere. San Marcos is a very natural beautiful city surrounded by rivers and green spaces, with lots of active and outdoorsy peo- g number of climbers. San Marcos and its neighboring cities are all growing fast, giving us the ilies to a sport they can enjoy together. Texas State University is down the road as well, and ld cultivate a strong and supportive climbing community in San Marcos. The gym's upstairs o study and do computer work. The community ranges from new first timers to experienced growing community, it's becoming a popular activity within the San Marcos neighborhood!

ed in climbing and can offer a vast range of advice for beginners as well as more advanced lcome and encourage a positive mindset!

-rounded wellness experience for individuals and families of all ages and abilities. With over ain and climbing-specific training zones, we offer something for everyone from beginners to

, nourishing environment where you can find a great workout, hang out with friends, build w challenge.

CONTACT:
512.667.7446
www.armadilloboulders.com/

Armadillo Boulders
CLIMBING • YOGA • FITNESS

COLLEGE RECRUITING and the Dilemma of "Aging Out"

by: Tyler Campbell

I am Tyler Campbell, the Rock-Climbing Head Coach at Liberty University in Lynchburg, VA. I have worked with collegiate climbing circuit athletes since the Fall of 2016. First as an assistant coach, then starting as a head coach in the Fall of 2021. Working alongside college athletes and helping them grow in every aspect of their lives is a great privilege. When speaking with youth climbers or college students, I always gauge their long-term goals for climbing. What are they trying to accomplish now, and what are they looking forward to achieving in the future? Additionally, I speak with them about their current strengths and weaknesses in climbing. The information I gather helps me further asses where they may need the most help with their climbing.

Currently, I train between 14-16 athletes each season. To effectively onboard new athletes to the team, I have determined that females should consistently climb v4 or 11c/d. On the other hand, males should consistently climb v6 or 12c/d. Athletes already performing at these levels can integrate into team training with a relatively lo risk of injury. The team's training is structured to maximize team success o the individual. However, I will work with individuals or provide supplemental training if they are workin on a specific weakness. I run three weekly practice and require them to atten two weekly strength and conditioning workouts. Strength and conditioning for overall body strength a ensuring that my athlete's muscle groups are equally balanced. Most of the tim spent training is on the wa during weekly practices. We work through strengt power, power endurance, endurance workouts. We work through mobility an climbing skills throughout season.

Effectively training my athletes is critical to their success and my own but investing in my athletes outside of climbing is also paramount. I strive to mak meaningful connections w each of my athletes. As a husband and a father, I hav ample opportunities to se a positive example for eac of them. My wife and I oft welcome the team into ou home and provide them w freshly cooked meals. Tim away from the normal rhy of college life allows me t have conversations with them that may not always related to climbing. Gettin to know my athletes outs of the climbing gym is one the ways that I can positiv

impact them the most. Collegiate climbing is still developing but provides excellent opportunities for all participating. Many students compete in the collegiate circuit to be a part of a club at their school or have a social group to interact with consistently. A much smaller population of climbers strictly focuses on competing at the highest level. As a coach, it is evident that the stark differences between these two groups create frustration for them both. Those focused on climbing at an elite level are often frustrated by their lack of opportunities to participate fully in competitions. Those not interested in being the best often feel unwelcome or receive negative pressure from those focused solely on competing. The collegiate circuit is slowly adapting to accommodate the largest population of competitors possible. There is a strong level of competition across the collegiate regions and at a national level. Over the past several years, youth climbing circuits have continued to create some of the most competitive climbers in the country. The collegiate climbing circuit has directly benefited from these athletes graduating from youth to collegiate and open climbing circuits. Collegiate climbing has a bright future, and I am excited to see what it holds for athletes and coaches.

Coach Campbell is the head coach of at Liberty Universty in Lynchburg, VA.

QA with Johnny Willbanks

Team Manager - Movement Dallas
Former Head Climbing Coach - UT Austin

What's next for the athlete after finishing the youth circuit through USA climbing or just recreational athletes looking to stay in the sport?
My name is Johnny Willbanks, and I am the Team Manager for the Movement Dallas locations. I began my climbing and coaching journey in 2016 while attending the University of North Texas (UNT) for my undergrad. My coaching career began with youth athletes, then with the UNT club athletes who competed in the USA Climbing collegiate series. I continued to coach UNT and youth athletes for a few years until I moved to Austin, TX, to coach for the University of Texas Austin climbing team and other youth teams. My passion for coaching was discovered early in my climbing career by helping athletes meet new heights.

What's next for the athlete after finishing the youth circuit through USA Climbing or just recreational athletes looking to stay in the sport?
By coaching youth and collegiate athletes, I get asked questions like "what's next?" They have a few options if they want to compete during college. Athletes can continue to do local competitions, the USA Climbing collegiate series in the spring, or the North American cup series. Individuals who don't want to compete in college can join a university climbing club.

What does it look like to join a collegiate club/ team?
Most Universities have a climbing club, and a few Universities have a climbing team. Climbing clubs are like most other club sports throughout college. They are easily accessible, and you find people who enjoy doing the same things as you, many study buddies, and indoor/outdoor climbing partners. As for climbing teams, you get all the perks of club. Most are tryout-based and lean more specifically toward competition climbing and training. In a tryout, athletes undergo a series of physical workouts and mock climbing competitions to gauge their skill sets. At the same time, officers of the team and coaches evaluate each athlete to see who is a team player. Now, you don't have to climb V10+/ 5.13+ or have much previous climbing experience to get invited to most teams, but showing determination is a significant first step.

Are there scholarship opportunities? Do athletes get scouted?
There are a few scholarship opportunities through select Universities and USA Climbing. There are three ways to get scouted by university climbing teams. That is word of mouth by coaches, student-athletes, and officers of the climbing teams locally. As the industry grows at a rapid rate, universities will see a shift into more scouting development.

What will the collegiate climbing scene look like in the next few years?
With Climbing making its debut in the 2021 Olympics and climbing gyms growing nationwide at a rapid rate the collegiate community has already started to grow. As a coach and previous collegiate athlete, my hope would be for climbing to be more recognized by the universities and move into the NCAA. Giving climbers more opportunities to pursue a degree while continuing to do a sport they are passionate about.

Climbing changed my life at 22 years old, but there is always time to enter an incredible community of continuous growth. I encourage anyone interested in collegiate clubs or teams to check out your university's web page, the USA Climbing collegiate website, or reach out to the president of the club/ team of your university for more information.

THREE RINGS

BY: LANNY & TROY BASSHAM

Are You Missing Some Essential Ingredients in Your Mental System?

Ok! You're packing up for your next competition. Let's see, do you have everything you need to climb well? You make a quick equipment check. You have your shoes, harness, rope, chalk bag, yep set up is good and you've got all your gear. You think about prep and practices, You say to yourself, "I'm ready in that department as well. I wouldn't change a thing." Then it hits you. "Why am I still worried about how I'm going to do this weekend? Something's missing and I don't know what it is."

What's missing may be the confidence that your mental control system may not be as complete as the other parts of your game. Perhaps the first place to look in determining if you have all the parts of your mental system is to find out IF you even have a mental system. What is a mental system?

A mental system is a defined, practiced method of training the mind to perform well in competition.

I'll give you an example. The system I use and teach is called the Mental Management® System. Let's define it.

Mental Management® is the process of improving the probability of having a consistent mental performance under pressure, on demand. It includes controlling the mental processes that lead to a winning performance.

A winning mental performance, in my opinion, is primarily a function of the development and control of three mental processes; The Conscious Mind – your thoughts, The Subconscious – your skills and the Self Image – your attitudes and habits. The essential

The Conscious Mind – your thoughts
The Subconscious Mind – your skills
The Self Image – your attitudes and habits.

ingredients for a winning mental system should include methods to control and enhance your three mental processes.

How will you know if you have a good Mental Management System? First, determine the capabilities of each mental process to determine if they compliment each other and are appropriate to your goals and priorities. For example, if you are picturing winning a certain competition (Conscious process), is your skill level (Subconscious process) equal to the task and is it like you (Self Image process) to achieve it? When your mental processes are balanced and working together, a good technical performance seems easy. When this is balanced you love to climb and you climb well with little mental effort. If, however, one of these processes is out of balance you will likely find much frustration in your climbing and you will expend a lot of mental energy just to get through the event. Again, the mental processes need to be in balance.

"A mental system is a defined, practiced method of training the mind to perform well in competition."
- Lanny Bassham
Olympic Gold Medalist

BALANCE

So what If you discover that you are out of balance. The answer is to make sure your mental system has specific strategies to correct the imbalance by managing each process. Hence the name, Mental Management®. Ideally, you would try to increase the effectiveness of all of the processes while keeping them in balance.

FIGURE 1

Let's look at some examples. If you look like Fig. 1 below you are in balance. I call this the TRIAD STATE. When I won my Gold Medal in the Olympics I was in the Triad State. Consciously, I was focused on the process of shooting each shot. My Subconscious skill level was good enough to allow me to have a winning performance and I had the Self Image attitude that it was like me to win the Gold Medal.

FIGURE 2

When we first begin a sport it is likely that we will look like Fig. 2. We have to think about everything Consciously because we have little Subconscious skill. Our Self Image tells us that we are "beginners" and we do not have a high expectation of success. Climbing may seem difficult. Remember those first days when you had to think about all of the elements of form because few, if any, were automated by your Subconscious mind. Coaches often bring each climber in balance by taking "baby steps" in form acquisition, learning one form process at a time and then when it is subconsciously automated move on to the next. If we practice properly the Subconscious circle will grow and before to long climbing will become natural.

FIGURE 3

In my experience most imbalanced climbers look like Fig. 3. The Subconscious circle has balanced out with the Conscious because the climber is training the Subconscious through practice.

Have you ever had this thought? "I know my climbing is good. My performance in practices are solid but it drops in competition. I think I am losing mentally." If so, chances are good that you look like Fig. 3. You are not managing the growth of your Self-Image. The Self Image grows through positive imprinting and competition can cause it to shrink if we are getting results. However, each time we think about, talk about or write about climbing our Self Image grows. BUT, every time we think about, talk about or write about a bad climg our Self Image shrinks. Your ability to control the growth of your Self Image is directly related to your discipline in avoiding negative imprinting. Think only about what you wish to see happen. Avoid any non-result imprinting and your Self Image grows.

Otherwise, you sabotage yourself, your Self Image shrinks and your performance will suffer.

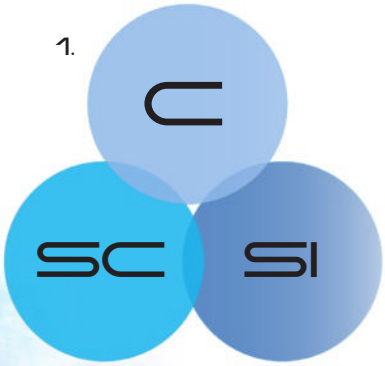
FIGURE 4

Another scenario that Fig. 4 illustrates is a loss of Conscious focus. Have you ever felt distracted while climbing? If so, you might draw your circles this way. The loss of focus is a common mental error and your mental system must include elements to hold your focus on performance while competing. Common errors include thinking about the crowd, the route, the noise etc. while waiting for your turn or beginning your climb. One solution for this problem is to run a mental program. A mental program is a planned, practiced sequence of mental activity that controls the Conscious mind while performing . We will look at that technique in detail in a future article.

FIGURE 5

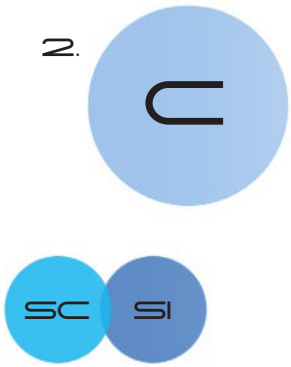
Looking at Fig. 5 we see a Self Image circle that is too large. This climber is overconfident. The climber stops learning and is susceptible to the false idea that he need not continue to grow as a climber.

1.



TRIAD STATE

2.



THE BEGINNER

3.

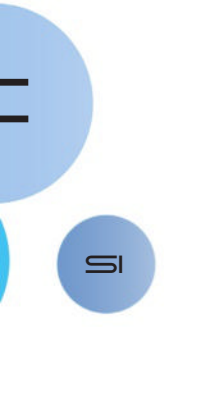
NO CONF

Normally this climber is taken to the cleaners by a lessor talented competitor in a big competition. That usually gets their attention. The best solution is not to reduce the Self Image but to grow the Conscious and Subconscious circles by returning to a learning mode. Left unchecked, this climber can become arrogant and starts to turn away teammates.

The key point is to learn to bring into balance your mental processes. If you can determine that one process is smaller than the others you know where to put forth your efforts. If you are frustrated, YOU ARE OUT OF BALANCE. Remember, no one can defeat a climber who has his mental processes in balance UNLESS they meet a shooter who has larger circles and is also in balance.

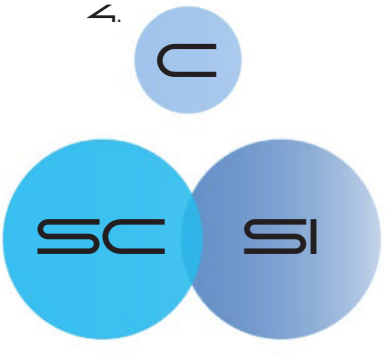
In future installments we will look at specific ways to build these mental processes and increase the size of your circles. Till then, work on your three circles, seek opinions from those you trust about what they see and visit with your coaches on areas to improve.

Lanny Bassham is an Olympic Coach and an Olympic Gold Medalist. He is a member of the Olympic Shooting Hall of Fame, ranks third among all shooters in total international medal count for the USA and one of the most respected mental trainers in the world and author of the book With Winning in Mind. His son Troy Bassham is also an olymic medalist and author. Troy is part of the SportClimber Vertical Academy and is available for one on one coaching. Visit sportclimber.net for more information.



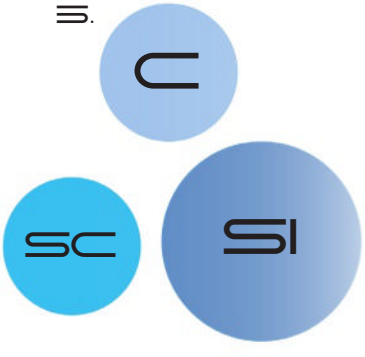
FIDENCE

4.



LACKS MENTAL PROGRAM

5.



OVERCONFIDENT /ARROGANT

One's To Watch

SportClimber is proud to feature you overcome obstacles through faith, st dedication to teammates, their team

2023 MA

Allyso

ALYSON HEPP

TEAM ORANGE CRUSH, TX
FYC
5'0" / +2
STRAIGHT A STUDENT

PRE-COMP ROUTINE: Before comps I eat a Kodiak power muffin and Mama Chia.

I began climbing in 5th grade, 2020 at Inspire Rock Cypress when covid hit and shut down my gymnastics facility. In my first year competing, I advanced to bouldering divisionals finals and ropes divisionals, and in my second year I reached nationals with a first place in divisionals finals.

I love to climb and compete. In addition to climbing, I ran cross country and currently run track for my middle school. I also love to work out and get better than my dad at pull ups.

I have a special book I like to read a week in advance of each competition called Mastermind, recommended by one of my Orange Crush coaches. While in iso, what calms me the most is playing a good round of Taco Cat Goat Cheese Pizza. While in the chair I like to mouth my favorite songs and I remember when my coach says, "You've got the dog!"

One of the best things I like about climbing is that the environment is super supportive, and it is a sport that always leaves room for growth.

ng athletes that compete both on the wall and in the classroom. Ones to Watch have rong character, dedication and perserverance and have demonstrated sportsmanship and and their sport.

RCH

on

Kailyn

TEAM ORANGE CRUSH, TX
FYC
4'10" / +1
STRAIGHT A STUDENT

PRE-COMP ROUTINE: Before comps I eat banana pancakes and write in my journal.

I went from competing as a level 7 gymnast to rock climbing in May of 2021. I progressed quickly and started competing the 2021-2022 season as a first year FYC. As a second year FYC competitor, I have qualified for nationals in bouldering and just started ropes and can't wait to see how the season goes.

I love everything about climbing, both indoor and outdoor. You'll see me at the gym 5-6 days a week, especially if there are new routes. Last year during spring break, I went to Arkansas with the team to climb outdoors for the first time and I am counting down the days until we head back for another amazing trip. I can't wait!

As a competitive gymnast, my coach would tell us to practice the 4 C's in competitions...being Calm, Cool, Collected and Confident. I have carried these thoughts to rock climbing competitions. To keep calm, I like to read and write notes in my journal. I have encouraging notes from my teammates, friends and parents. I also write how I feel about the climb during my rest and remind myself to stay positive and focused on the next climb, no matter how the last climb went.

One of my favorite things about climbing are the friendships I've made and the community. I don't know any other sport where kids and adults talk and share beta and cheer each other on.

KAILYN LEONG

The Vulnerability of Believing in Yourself

by: Alina Albert

Vulnerability has been one of my most recent adversities within building my desired competitive mindset. Stating your goals and believing you can accomplish them is an extremely vulnerable state of mind to constantly embrace. Specifically because it is painful when you let yourself down and are shy of achieving your goals. It's very difficult to go through the pain of falling short of a goal you worked so hard for; but ultimately, being vulnerable to the possibility of loss is the price you have to pay in order to give yourself the chance to succeed.

For Youth Nationals of 2022, my goals were to be national champion and earn a spot to youth worlds. During this time, these goals felt within reach and easy for me to embrace because I've achieved this before. I cared about these goals tremendously and I pushed myself every day to give myself the best possible chance to achieve them. At Youth Nationals during the semis round of bouldering, I had one of the best performances I've had in any competition round in terms of my mental game, and I was brutally let down by my result. This was one of the most emotionally painful competitions I have ever experienced. Everything I had worked on for the past year showed, and yet I fell short of making finals.

Ever since this occurred, subconsciously, I started to lose belief in my own ability, partially because I was scared of feeling the pain of being let down again. As each competition passed, I realized that it was having an increasingly negative impact on my performance. Team Trials in February 2023 was when I finally let myself take in how big of an impact this was having on my performances, specifically in competition.

There are some things I have added to my daily routine to prioritize believing in myself again and getting into the necessary headspace to perform my best. One thing I do is I journal almost daily. Good days, bad days, I get it all out and sort through my feelings. This typically helps me to release overwhelming thoughts and figure out if they are necessary to have. A majority of the time, all I need is to "feel the feelings" and then move on. Other times, I am able to identify a challenge that I can learn to overcome to then better myself and my climbing.

Another thing I like to do is to have a daily affirmation that helps me stay in a good headspace. The quote I like at the moment is, "don't be afraid to chase a goal just because you're scared to fail." It's a quote very unique to my specific challenge and therefore is a nice reminder to help me know that it's good to embrace my goals rather than shy away from them. I have it written somewhere I can see it everyday. I do think that this is a good thing to keep, of course tailoring a quote more specific to your own challenges.

Lastly, I have been practicing believing I can do any climb I see. It's very easy to believe you can't do something, so changing my mentality into believing I am capable of doing extremely difficult climbs has helped improve my self-esteem. Even if you don't fully believe you can do something, saying you can may help you anyway. There are a lot of times during practices where I think a boulder is too hard, and already thinking this way tends to

place a limit on how hard I try. However, most of the time, I can do the boulder as long as I believe I can.

These few things have been really helpful in my journey to building up my belief in my own ability. I haven't had a big competition since Team Trials so I haven't been able to see my improvements in a competition setting. However, I have noticed that in training I have been happier and seeing quicker improvements. I am also much more excited for my next few upcoming competitions than I was previous to this switch. This is only one of many things I am working to improve for my mindset, but I believe it is making a huge difference and will be extremely beneficial to the advancements in my competition climbing.

In the coming months I will be sharing more of my **climbing and life experiences with you as a youth contributor for SportClimber Magazine.**

Til next time. - Alina

Alina Albert is a 16 year old rock climber from San Diego, CA. Alina trains with Team Class Five and is sponsored by So iLL. Alina has been climbing competitively for eight years and is currently participating in both the youth and elite circuit. Alina is a straight A student in high school (half online, half on campus). In her free time she likes to draw, journal, go to the beach and binge watch tv shows.

EXPERIENCE
THE DIFFERENCE
TOP AND SIDE PROTECTION for enhanced impact absorption in helmets.
ENDOFRAME harness construction for flexible and cushioned comfort
Belay devices with PROGRESSIVE DESCENT CONTROL for smooth lowering.
Gold-standard carabiners for ideal CLIPPABILITY and LONGEVITY.
THESE ARE THE PETZL DIFFERENCES WORTH JUSTIFYING.
© 2021 - Petzl Distribution - Tara Kerzhner
PETZL®